



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gubelt, Michael

Club: SV Sömmerda

Number: 1538

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:57

Speed: 13.06 km/h

Running performance: 4:36 min/km

Rank in course/Total: 154 (of 637)

Rank in course/Men: 148 (of 493)

Best time in course: 31:35

Rank in category: 42(of 135)

Best time in the category: 33:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde Langstrec	2.00	8:48	4:24	27	2:20	102	2:31	2.00	8:48	4:24	25	2:20	94	2:31
Runde Langstrec	2.00	8:50	4:25	29	2:08	122	2:27	4.00	17:38	4:24	50	4:28	182	4:58
Runde Langstrec	2.00	9:19	4:39	48	2:27	162	2:51	6.00	26:57	4:29	50	6:55	158	7:49
Runde Langstrec	2.00	9:39	4:49	53	2:53	182	3:15	8.00	36:36	4:34	49	9:48	180	11:04
Leichtathletikh	2.00	9:21	4:40	51	2:34	178	3:18	10.00	45:57	4:35	42	12:22	148	14:22